



## Spring Term 2025 PE and Sport Review

Building on previous successes (School Games Gold Award for four consecutive years leading to the Platinum award 2018-), the Merseyside Sport Primary School of the Year Award in 2016, and achieving the AfPE Quality Mark with Distinction in 2017 and 2022), we have continued to look for new and innovative ways of further improving our PE and school sport. Our aim is to provide as many positive opportunities for our young people as possible and to promote lifelong health and wellbeing. The spring term has been a continuation of the year's plans with areas such as inclusive practice, mental health and enrichment activities being further celebrated.

### PE, Sport and Mental Health

In the autumn term, a bespoke health and well-being survey for pupils in Year 3 and above was carried out in partnership with the SHEU (Schools Health Education Unit). The survey was completed online and questions covered a range of aspects of life including:

- levels of physical activity
- emotional health and wellbeing
- diet
- sleep habits
- levels of worry
- use of technology
- attitudes towards school
- safety and bullying
- leisure time

The data from the survey has been analysed and is being used to inform and plan education programmes, identify pupils at risk of mental health difficulties and guide interventions.

Utilizing data from our wellbeing survey, we initiated interventions targeting both physical and mental health. Mr. White and Miss Patten have conducted engaging, games-based programmes (including active rock paper scissors!) which have been loved by the children. We plan to continue using survey insights to design further interventions throughout the academic year.





Our school has partnered with 'Future Action', a health education company which offers teacher training courses and consultancy aimed at transforming children's mental wellbeing through physical education.

Firstly, the 'Trauma Informed PE' course provides a seven-step process guiding educators to implement trauma-informed practices in PE, enhancing relationships, wellbeing, engagement, behaviour, and progress.

Secondly, RISE Up is a sustainable early intervention programme for students aged 8-18.

This is phase 1 of a 3 phase approach that is best practice for schools to follow:

Phase 1 - Early Intervention for all young people, and identify those who are struggling as early as possible for phase 2 support.



## The Problem

The leading cause of death in the UK in 2020 for 5-19 year olds and 19-34 year olds was intentional self harm.

- The World Health Organisation state that 1 in 5 of us will suffer from a mental health disorder at some point in our lifetime.
- The rise of social media over the last decade has been a key catalyst for this decline. Since 2011 when social media has been available on mobile phones, incidents of self-harm & suicide for teenage girls in the US has increased by 62% in girls aged 15-19, and by an enormous 189% for 10-14 year olds.

Covid-19 has exacerbated the problem:

- It is estimated that 1.5 million young people will need support for their mental health as a direct result of the pandemic over the next 3 years.
- It is clear that we need a proactive early intervention approach that will empower all of our young people to take control of their mental wellbeing, and identify those students who need specialist support as early as possible.
- Schools are the perfect place to offer this programme so that we can tackle the stigma that surrounds mental health and help as many young people as possible.

## What is the RISE up teacher training programme?



- A sustainable, whole school, early intervention programme for students aged 8-18
- Proactive self-care strategies to keep the wellbeing of children and staff in great shape and help prevent mental health issues such as depression and anxiety from escalating both now and later on in life
- Alongside a range of practical activities to help PE teachers incorporate the programme into their existing curriculum model

- Online teacher training videos and editable resources save teachers time, and enable them to adapt resources and the programme to the needs of your students.
- A proven model for PE departments to drive whole school improvement based on academic research such as trauma informed practice.

### **Benefits to Orrets Meadow:**

- ✓ Reduced behaviour issues as students' brain stems are calmed reducing fight, fright, flight response.
- ✓ Calmer, happier students and staff
- ✓ Better peer and student-staff relationships
- ✓ Students more engaged in learning
- ✓ Increase in student progress and attainment.
- ✓ As the course is online, teachers can watch at any time

### **Benefits to Children's Wellbeing:**

- ✓ Improved mental wellbeing
- ✓ Increased confidence and belief in themselves
- ✓ Enhanced relationships with peers and staff
- ✓ Reduction in behaviour incidents
- ✓ Increase in progress and attainment
- ✓ Improved knowledge of practical strategies to apply to build their mental wellbeing
- ✓ Improved mindfulness, flexibility, strength and balance
- ✓ Improved sleep and nutrition
- ✓ Further ideas on how to exercise if low on confidence
- ✓ Greater awareness of the dangers of social media
- ✓ 'Mental Health Hero' certificates to celebrate their progress

### **Benefits for Teachers:**

- All teaching staff within your school can develop expert subject knowledge on how to improve student wellbeing
- Editable scheme of learning, student PowerPoints, lesson resources, and knowledge planners included to save teachers hours of time planning
- A proactive methodology to improve the mental health of teachers
- Each staff member who completes the course receives a personalised Future Action RISE Up' tutor certificate

- Able to access the course content at a time and place that suits their busy lives
- Ideas on how to implement in your school in seven different ways

Some of the lessons covered include:

- The Mental Health Continuum
- Depression
- Anxiety
- OCD
- Body Scan & Journal
- Building Confidence
- Developing Self-Kindness
- Worries as a Positive
- Creating a Vision
- Sleep
- Exercise

We will pilot the programme with Year 6 children and then evaluate the programme to plan if/how we implement across the whole school.

### **Continuing Professional Development (CPD) - Inclusive PE and Coaching Courses**

Mr Saul has run staff training on inclusive PE activities such as goalball and New Age Kurling. Staff members have also been provided opportunities to enhance their skills through accredited coaching courses offered by National Governing Bodies. To date, 3 teachers have embarked on courses in netball and rugby, while others are enrolled in an online 'Confidence in PE' qualification run by 1st4Sport.

## Fencing

The spring term saw the much anticipated return of fencing for some of our Year 5 and 6 children. Aside from the thrill of sword fighting, fencing has a number of benefits including learning discipline, technique, agility, physical fitness, and overcoming challenging situations under pressure. Fencers build confidence over time as their skill level improves, becoming fitter and stronger. The children really enjoyed the sessions and made excellent progress.



## Taekwondo Legacy

The legacy of our work in PE and sport at Orrets Meadow was highlighted recently with amazing medal success of two of our children in taekwondo in a competition outside of school. Jaiden first tried taekwondo at Orrets Meadow and Aoife had gone to try after her brother (and former pupil) Connor had enjoyed the sport while here at Orrets Meadow. Well done to both of them!



## Extra-Curricular Clubs

Based on insights from the SHEU wellbeing survey, we have continued to tailor lunchtime sports clubs to align with our students' interests and needs. This term featured hockey, basketball, and dodgeball. Running as parallel activities we have seen high participation rates and enthusiasm from all involved!

## Intra-School Competition

The spring term marked the revival of intra-school competitions within our Planets House System. These competitions are designed to follow blocks of curriculum lessons and lunchtime clubs, ensuring students gain experience and confidence before competing. The planets events help to create a sense of community and belonging which makes a significant impact on children's wellbeing. Events in hockey and basketball have been highly successful, and we are planning our inaugural Inter-Planetary Dodgeball contest.





## Nestlings Forest School

Orrets Meadow has continued to use some of its PE and Sport premium to provide our children with outdoor and adventurous activities. Nestlings offers a unique stay and play Forest School experience. The sessions consist of exciting sensory and creative play experiences, as well as Forest School games and songs! The instructors are led and guided by the children's interests and passions. They provide a mixture of the following activities at our sessions:

- Sensory Play
- Messy Play
- Tree Climbing
- Bug Hunting
- Wood Carving
- Campfire Cooking
- Water Play
- Tool use
- Den Building
- Clay Sculpting
- Exploring Nature
- Woodland Adventures
- Woodland hunts
- Bug identification
- Hot drink & snack

As well as physical and functional skills, children also developed life skills such as teamwork, problem-solving, resilience, confidence, respect and empathy.





## Sponsored Walks

While not a PE initiative, our school-wide sponsored walks with a geography theme, deserve mention for promoting physical health and wellbeing. Students visited locations such as Moreton, New Brighton, and Delamere Forest, engaging in geographical tasks while undertaking extended walks in nature. This initiative not only fostered a connection with nature but also emphasized the importance of physical activity for overall health, aligning with our aim of encouraging lifelong participation in physical activity.



We used a compass to find north.



This term has been marked by significant progress in promoting inclusivity, mental health, and active lifestyles. With continued support, we aim to sustain this momentum, ensuring every student thrives physically, mentally, and socially.

Future impact reports will include measurable outcomes of these initiatives, published under "Evidencing the Impact" on the school website. Plans for the summer term include:

- Expand leadership opportunities within extra-curricular clubs and intra-school competitions
- Pilot RISE Up mental health programme with Year 6 children
- Introduce additional inclusive sports activities into curriculum PE lessons